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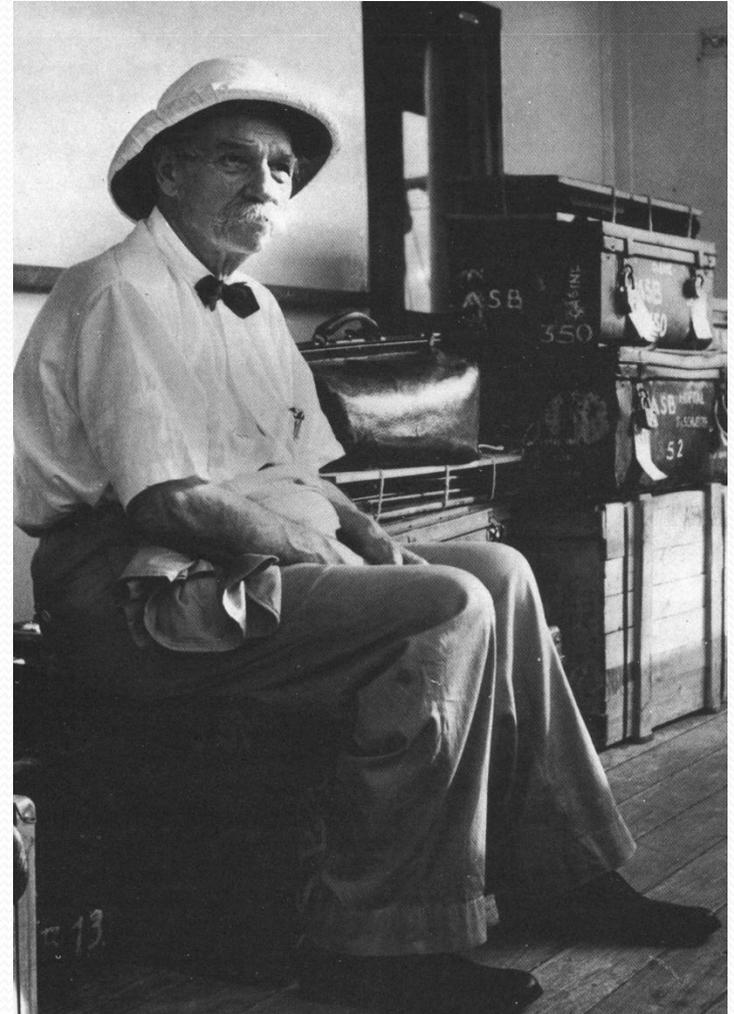
The Medway Hospital NHS Trust, Gillingham, Kent

Kings College Hospital NHS Trust, London

Albert Schweitzer 1953

We must all die. But that I can save (a person) from days of torture, that is what I feel as my great and ever privilege.

Pain is a more terrible lord of mankind than even death himself.



Definition

- Chronic pain: continuous, long-term pain of more than 12 weeks
- Chronic Headache: headache more than 15 days a month for over 3 months
 - Episodic pain?
 - Is it a disease or a symptom?
- “Pain in any part of the body where it is not possible to treat the underlying cause(s)”
 - Chronic Pain and Headache: disease(s) in their own right
 - Persistence exacerbates the underlying disease process

Chronic Pain and Headaches: Societal and Healthcare Burden

- Numbers:
 - 10 million persons in UK with Chronic Pain (BPS)
 - Chronic headache 4% population? (European Brain Council)
 - 190,000 persons suffering a migraine (2003 Survey England)
- Cost
 - Chronic pain: £5 billion loss productivity (BPS)
 - Migraine: 25 million days lost (2003 Survey England)
- Future
 - Chronic Pain: aging population, cancer and HIV survivors
 - Headache: Increasing for MOH, Cluster

What is the prognosis?

Common disease clusters:

- Headache: tension type and migraine
- Chronic pain: Low back pain
- Obesity
- Fibromyalgia
- Depression/Anxiety
- Chronic fatigue
- Sleep disturbance

More than just the Hypervigilance syndrome

How do we measure success?

- Reduction in reported pain/headache:
 - Severity
 - Frequency
- Patient Global Impression of Change
- Physician Global Impression of Change
- Quality of Life Scores: SF-36, MIDAS
 - Migraine: NICE QALY of -0.3
- “Allow me to get on with my life for the long term”

How to face this challenge?

Maximise unique position of the NHS

- Improve diagnosis: INFORMATION
- Early multi-disciplinary intervention:
 - Medical and paramedical sub-specialities
- Change our relationship with providers:
 - Evidence for efficacy in trials: endpoints
combinations
 - Cost sharing for new treatments?
 - 8% capsaicin
 - Botulinum Toxin

SHARING THE BURDEN

Could risk-sharing change the way we pay
for healthcare?



By Dr Meir Pugatch, Paul Healy and Rachel Chu

 **STOCKHOLM NETWORK**

http://www.stockholm-network.org/downloads/publications/Sharing_the_Burden.pdf

Headaches and Chronic Pain



We have to do better:

See- The Lancet [Vol 377](#); Pages 2226 - 2235, 25 June 2011